



The Virginia Wounded Warrior Program offers the 'Family of Heroes' Program to service members, veterans and their families across the Commonwealth

The Virginia Wounded Warrior Program (VWWP) in partnership with the Virginia Department of Health, and New York City-based Kognito Interactive (www.kognito.com), is taking the Family of Heroes Program statewide. *Family of Heroes* is on-line one-hour training for families to learn communication skills that help with the transition home from deployment in Iraq and Afghanistan. The program has been piloted successfully in VWWP's Northwestern Region and will now be available at no cost to all veterans and their families in Virginia through June 30, 2013.

The On-Line Simulation Prepares Families for Post-Deployment Life Challenges.

In June of this year, the Pentagon announced that active duty suicides had outpaced the number of service members killed in action. Alcohol abuse, domestic violence and other manifestations of combat stress affect active duty service members and families as well as veterans and their families every day in Virginia. *Family of Heroes* teaches critical communication skills to manage the challenges of adjusting to post-deployment life -- including how to identify post-traumatic stress disorder (PTSD) and suicidal intent and how to motivate the service member or veteran to seek help. Families and service providers can access the training online for free from anywhere in the state at www.familyofheroes.com. Please be sure to log on to this free and vital program by June 30, 2013 and spread the word to families, loved ones and care providers who may need assistance.

Brought to you by the Virginia Wounded Warrior Program, Virginia Department of Veterans Services.



www.familyofheroes.com